

Fig. 1

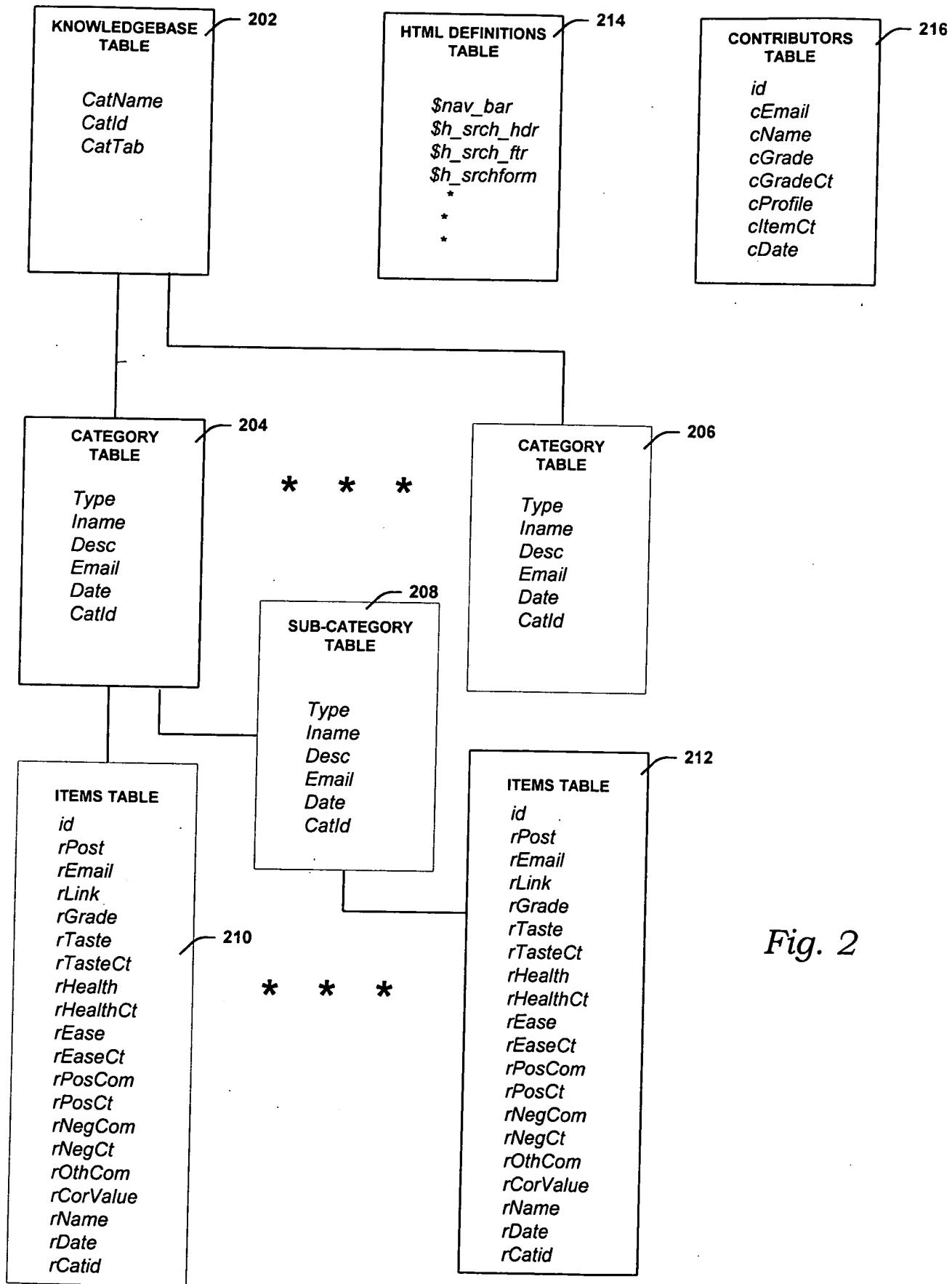


Fig. 2

506

Select One:

Date (Default)

Overall Rating

Taste Rating (criteria 1)

Health Rating (criteria 2)

Ease of preparation (crit. 3)

Number of positive comments

Name of recipe

Name of contributor

Main Dishes

Sort Recipes By:

Taste Rating (criteria 1)

Standard Sort

Custom Sort

510

502

504

516

514

512

511

Search Recipe Index Search for Ingredients Within All Recipes

Recipes sorted by date

Recipe	Overall Rating	Taste Rating	Health Rating	Ease of Preparation Rating	Percentage of supporting comments	Contributed by:
Baked Flan with Rolls with Tomato, Bell Pepper, And Bacon	D	2.0	1.0	2.0	0	
Big Baked Wings Roasted	B	3.5	3.0	3.0	100	
Beef Enchiladas	B	4.0	4.0	3.3	100	
Beef Topped Sausage and Pizza						
Broccoli With Red Pepper And Onion						
Cheese Fondue						
CRABICASSEROLE						
CHICKEN FRENCH CASSEROLE						
GREEN CHILI WITH WHITE BEANS						
RAYA CHICKEN QUITO						
CHICKEN WITH ONION SAUCE						
CATALAN BAKED FISH (MERCON ALA PASTELERA)						
German Onion	Not available	0.0	0.0	0.0	0	
GREEN BEANS ORIENTAL	Not available	0.0	0.0	0.0	0	
BUDAPEST BEEF GOULASH	B	4.0	2.7	4.0	100	
BUDAPEST BEEF GOULASH	A	4.0	5.0	5.0	100	
GUERRED LENTILS						

Do you want to find the best recipe in this category? Do you have your own idea of the relative importance of taste, health and ease of preparation? Below you can give different weights to taste, health and ease of preparation and see how the recipes rank up!

Desired Preferences	Not Very Important	Somewhat Important	Very Important
How important is taste?	•	•	•
How important is health?	•	•	•
How important is ease of preparation?	•	•	•

Fig. 5

View Category List
Search Categories
Create New Category
View Suggestion List
View Content Use
Help

702
Search the Recipes Knowledge Base

Search the category and recipe Index  or, search for an ingredient within all the recipes. 

Find:

704

Fig. 7

802

Make a comment about this recipe.

If you would like to share your experience or any ideas about this recipe, please enter your comments here:

804

Choose from one of the following

submission options:

- Positive comment 806
- Negative comment
- Other Comment or link

Enter your email address here: [Text Input Field]
(optional.. if you'd like response from others)
and then.... **Submit** 808

Fig. 8

902

Create a new sub-category within : Recipes

If you would like to create a new sub-category within the Recipes category enter the name in the field below. If you would like to create a sub-category within another category navigate to the category and then click "Create new category".

Below please also enter a description of what the sub-category will contain.

Will this category contain items? Yes No

906

904

Category name:

Your Email:

Category Description:

908

Submit Category Information

Fig. 9

1002

1004

Submit a new recipe for : Main Dishes

Before you contribute a recipe there are two steps you must follow:

Step 1: Find the Appropriate sub-category

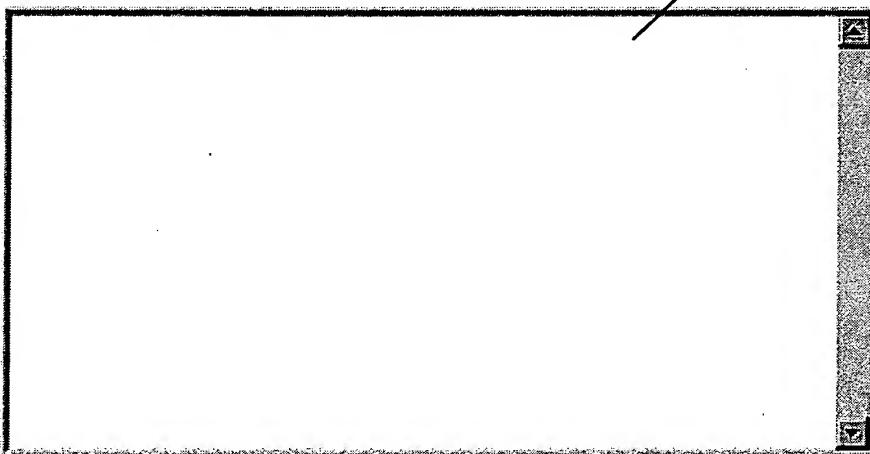
Finding the right sub-category for your contribution is just a matter of browsing until you get to the appropriate category. When you look for the right sub-category, get as specific as possible. Dig deep into the CookBook, looking for the right subject area. You cannot contribute a recipe to the top level category. You can only contribute to a sub-category that can includes recipes.

Step 2: Contribute your recipe from the Appropriate Sub-category

Contribute your recipe from the category you think most appropriate. Currently you are in the Main Dishes category. If this is not the appropriate category for your recipe, [click here to go the top-level category](#) and find the right sub-category.

If you would like to share one of your favorite recipes, enter it into the field below. You may paste or type text into the field.

1006



Recipe Name:	<input data-bbox="878 1178 1286 1227" type="text"/>	1008
Source of recipe or link:	<input data-bbox="878 1241 1286 1290" type="text"/>	1010
Enter your email address here: (optional. Use if you want feedback)	<input data-bbox="878 1305 1286 1353" type="text"/>	1012

Submit Recipe

Fig. 10

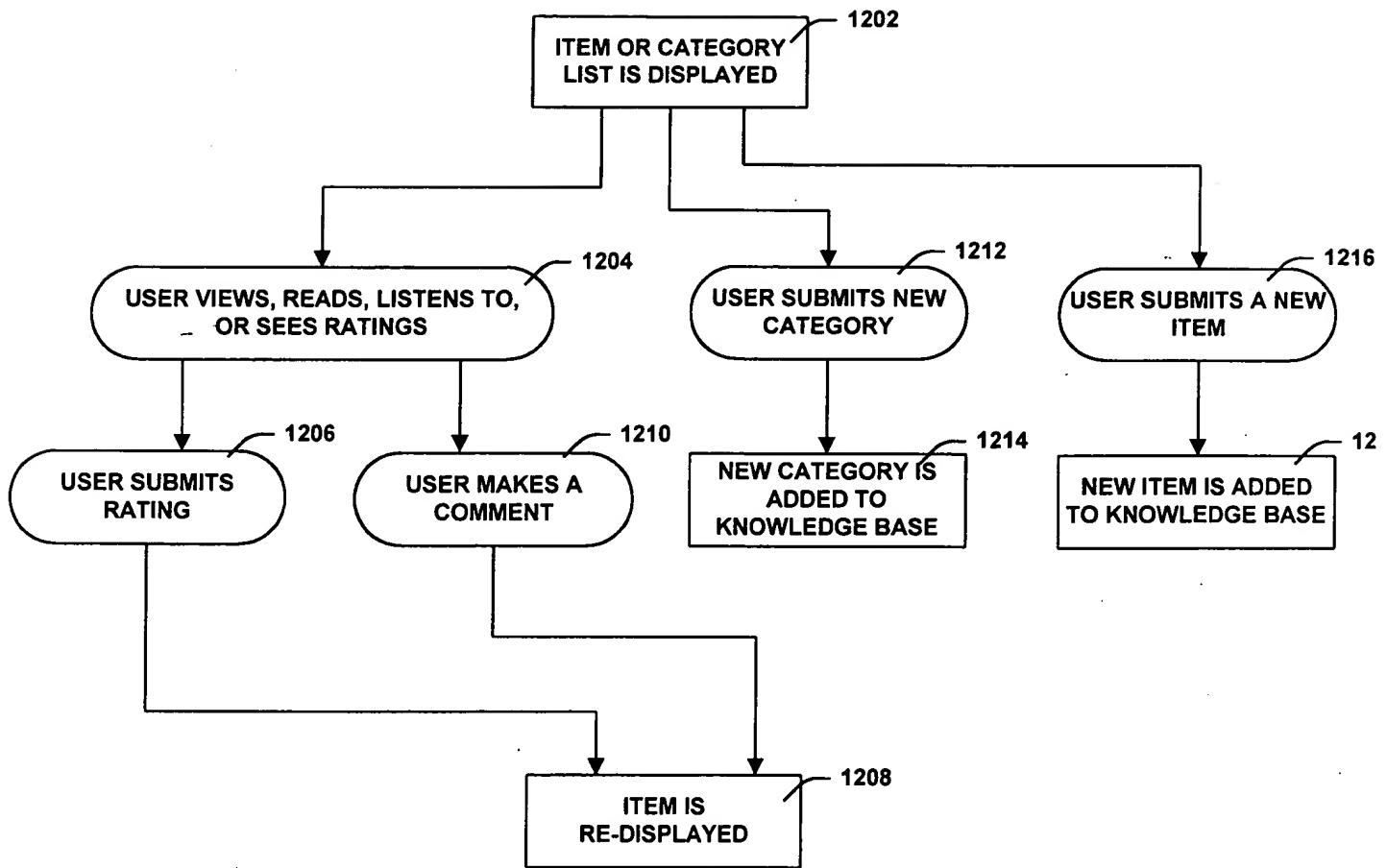


Fig. 12

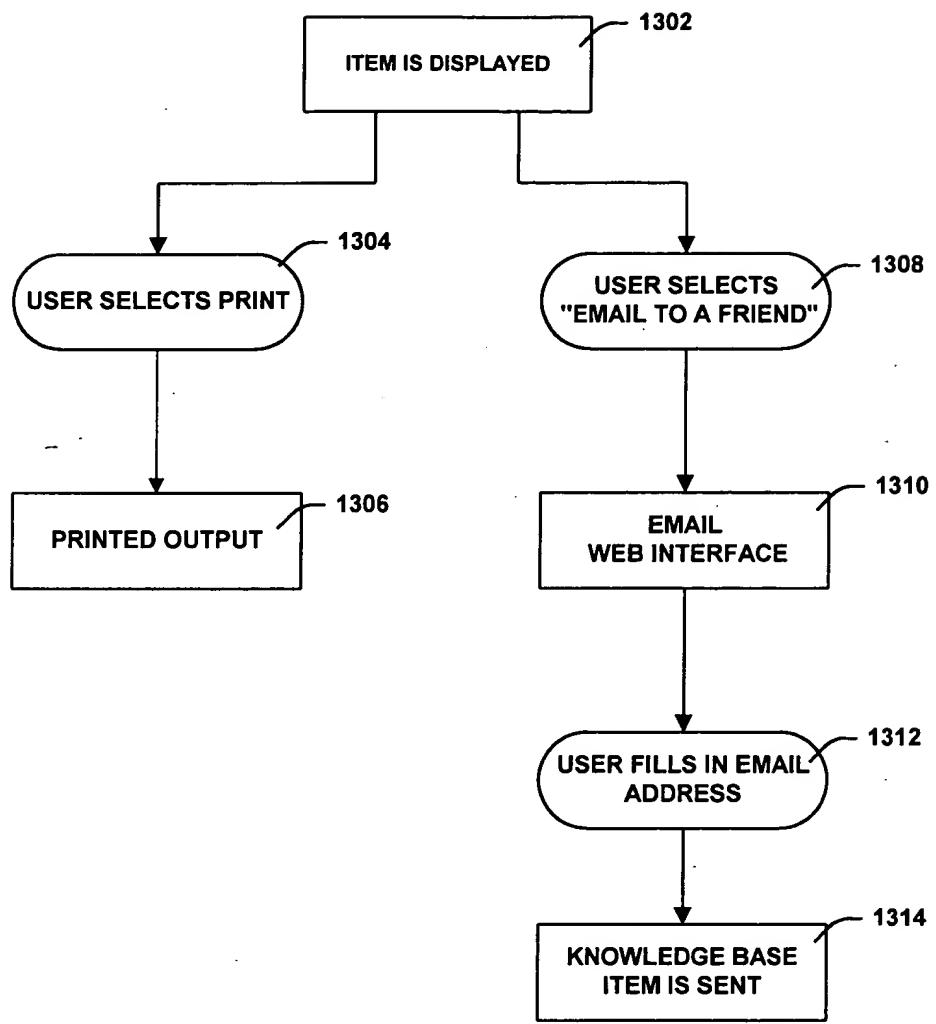


Fig. 13